



By Us For Us



Kenyan youth  
Climate change &  
Health Handbook





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- Ms. Metrine Wafula- Community Voices Network Youth Champion
- Mr. Samuel Wanga- Community Voices Network Youth Champion
- Mr. Steve Ougo- Community Voices Network Youth Champion



# Introduction

“ If people who live near river banks knew earlier that their will be floods, they would have prepared themselves better, the loses we saw would not have happened. ”  
*Community Member from Korogocho*



This is a practical handbook co-created by young people from Korogocho, the third largest informal settlements in Kenya. The aim of the handbook is to address knowledge gaps on climate change adaptation and mitigation so as to inspire community actions towards a sustainable healthy and resilient future

## The handbook cycle

- A collaborative forum with the Bahamas team was conducted to introduce the project to both team
- To understand community perspectives on climate change, Community Voices Network engaged community members to co design data collection tools to provide real-time on ground insights.
- Online survey administered
- A physical focuse group discussion was conducted.
- Compilation and analysis was conducted by Community Voices Network staff.
- Design of the handbook
- Launch of the handbook
- Dissemination

**Co-design of tools**

**Collabortive meetings**

**Data collection**

**Data compiling**

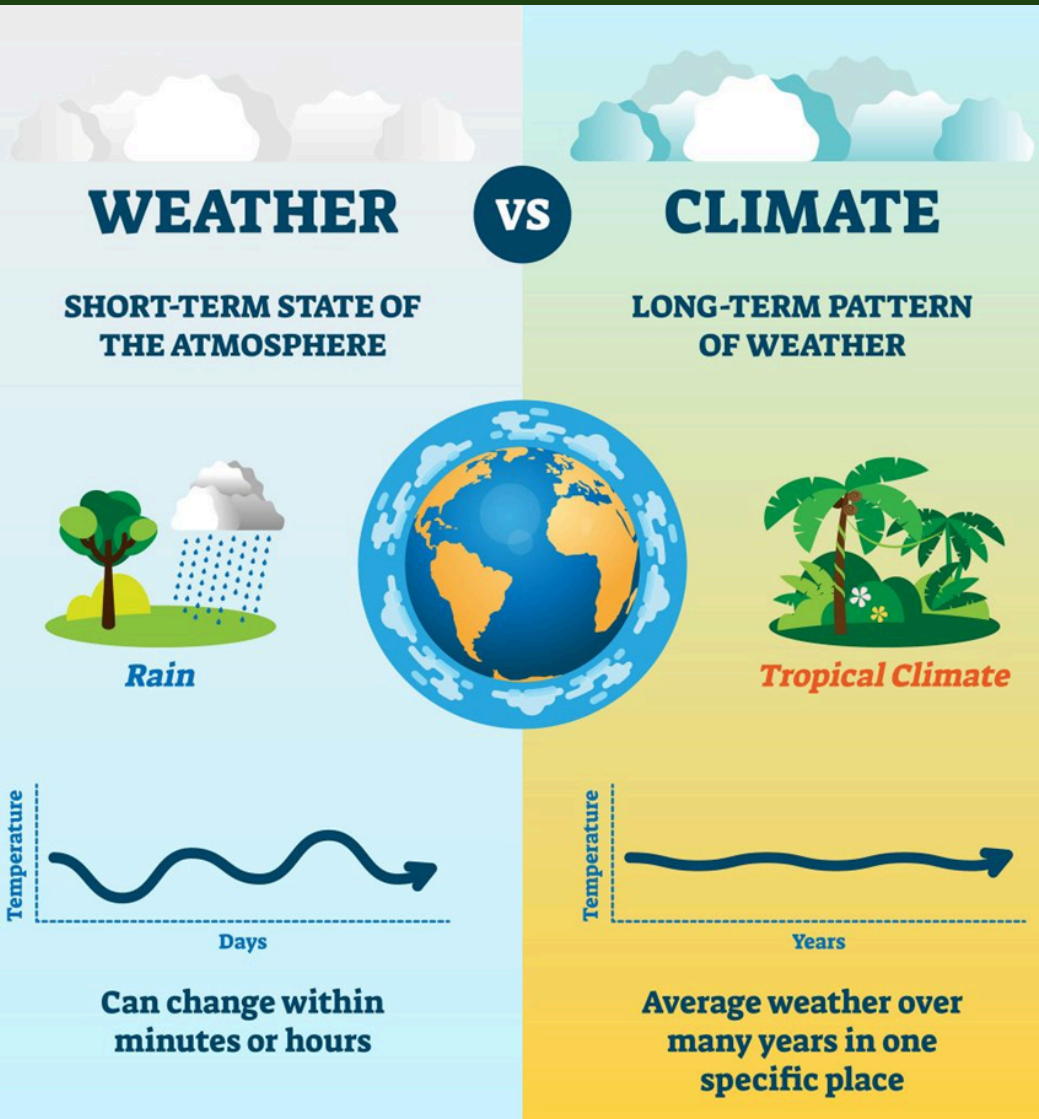
**Design of handbook**



# Understanding Climate Change

**01** Climate change refers to long-term shifts in temperatures and weather patterns.

Climate describes how the weather has generally been in a particular location over a time period, months, years, millions of years



Weather and Climate, Difference, Definition, Similarities

## What time period?

The classical period is 30 years, as defined by the World Meteorological Organization(WMO)

## Question: So what is weather?

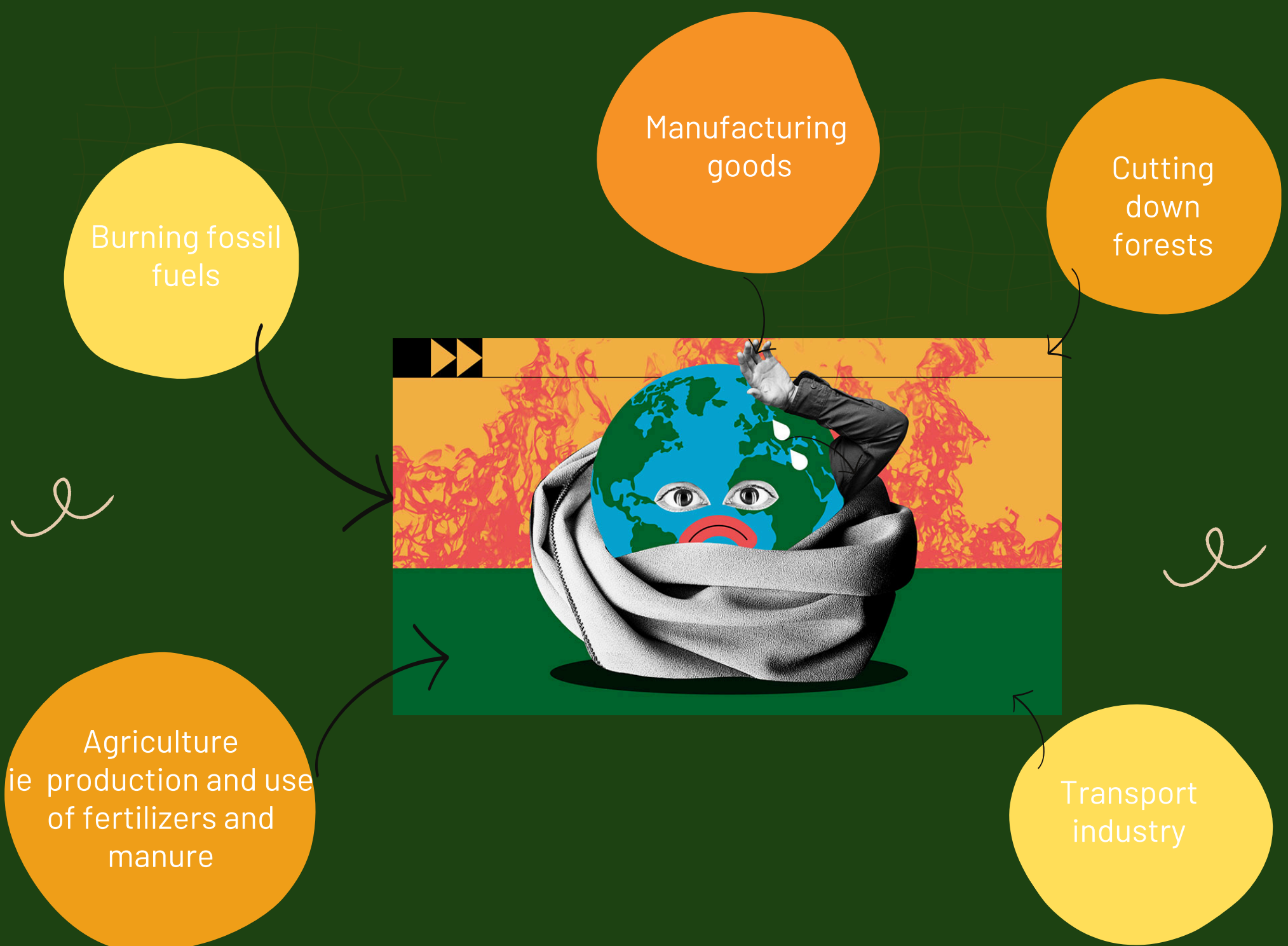
Weather is the condition of the atmosphere what is happening in the sky over a short period of time.

## Question: What is a short period of time?

Minutes, hours, days? This is what the weather person reports.

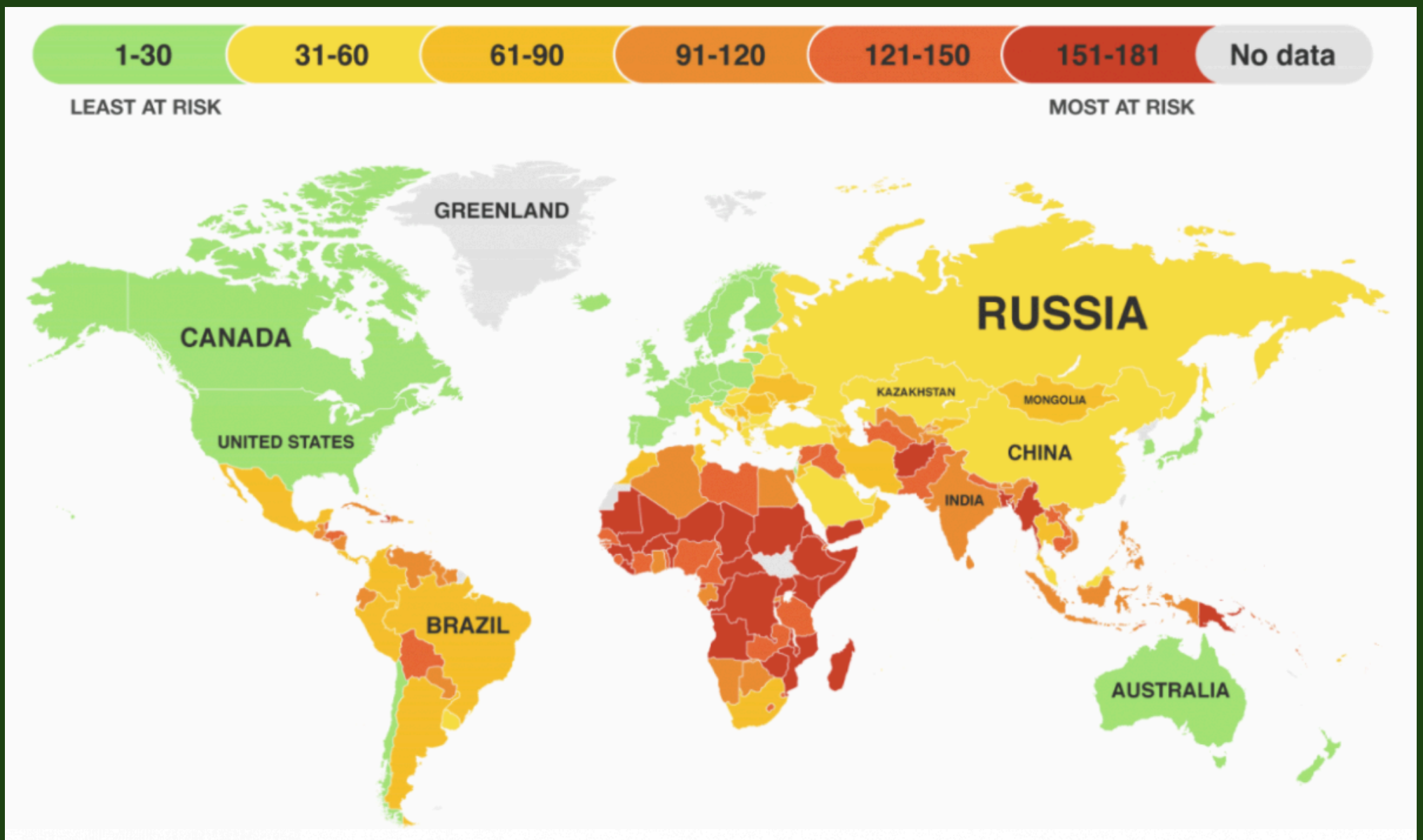
For more information check out this link for a full article on The Climate System—an Overview TAR-01

## We are responsible for climate change





# Global overview



Source: <https://www.theecoexperts.co.uk/blog/climate-change-map>

## 01

Africa contributes less than 4% of global greenhouse gas emissions, yet it is most impacted by the climate crisis.

## 02

1 people across Africa will be facing extended periods of drought, flooding and extreme heat as a direct result of climate change.

## 03

The impacts is exuberated with high levels of poverty, food insecurity, and limited adaptive capacity, these factors increase the vulnerablilities of Africa to the climate crisis.

## 04

118 million extremely poor people across Africa will be facing extended periods of drought, flooding and extreme heat as a direct result of climate change.

## 05

Hunger already affects 240 million Africans daily.

## 06

Among the countries likely to be hit by climate change crisis is Kenya.



# Context Analysis

## Overview of Kenya

Kenya, also referred to as the Pride of Africa is located in East Africa. Kenya boasts a population of over 50 million people with over 80% of this population being aged below 35 years (KNBS, 2019)

Kenya is known for its wildlife, athletes and is a hotspot tourist destination. The backbone of her economy is tourism and rain fed agriculture, both of which are susceptible to climate change and extreme weather conditions.



Photo by [subhadipin](/photographer/subhadipin-55839) on [Freeimages.com](#)

Kenya contributes less than 0.1 percent of global greenhouse gas (GHG) emissions annually. Agriculture is the leading source of greenhouse gas emissions in the country, largely driven by enteric fermentation from livestock. Climate vulnerabilities in Kenya include, floods, droughts and increased temperatures

Kenya submitted an updated, more ambitious Nationally Determined Contribution (NDC) on December 24, 2020, with a commitment to reduce emissions by 32 percent by 2030 relative to the business-as-usual scenario and in line with its sustainable development agenda and national circumstances (USAID, 2024).



# Climate change impacts on health

During floods, there were water borne diseases such as Bilharzia, people lost lives, children had to drop out of school following evacuation exercise that was done by the government. Many had mental health challenges such as anxiety that resulted from an un-anticipated climate change event, depression and stress that resulted from loss of property and lives. There was also an increase in gender based violence cases that was attributed to scarce resources.

“

In Mathare some people who were displaced were raped, I have a cousin who was affected, as she was looking for a place to stay, she got raped by a man who pretended to be a good Samaritan.

”

*Community Member from Korogocho*



## Community response

There has been awareness creation on climate change to empower the community to take action and strengthen their resilience therefore reducing their vulnerabilities helping them be better prepared of climate change events in future. Raising awareness helps communities understand climate change and health risks and take preventive measures to protect their health, and environment

“

Social media helped a lot in highlighting affected areas and the areas of support needed

”



# Amplifying Youth Voices

I experienced climate related challenges. I live in an iron sheet structure so when it rains sadly I am affected. This is never an issue when we have normal rainfall.

In March this year, what I thought was normal rain turned to be floods.

To address the situation, the government ordered the demolition of homes within 30-50 meters of the rivers, a two-day notice was given for relocation, but many houses, including mine, were unmarked. Residents scrambled to find shelter amidst the downpour and rising floodwaters.

Although my house was beyond the 50 meter range, I was still anxious.

I strolled around looking for a cheaper alternative to stay as I weighed my options on what I could afford with my minimal resources as opportunities for income had also been affected. Unfortunately,

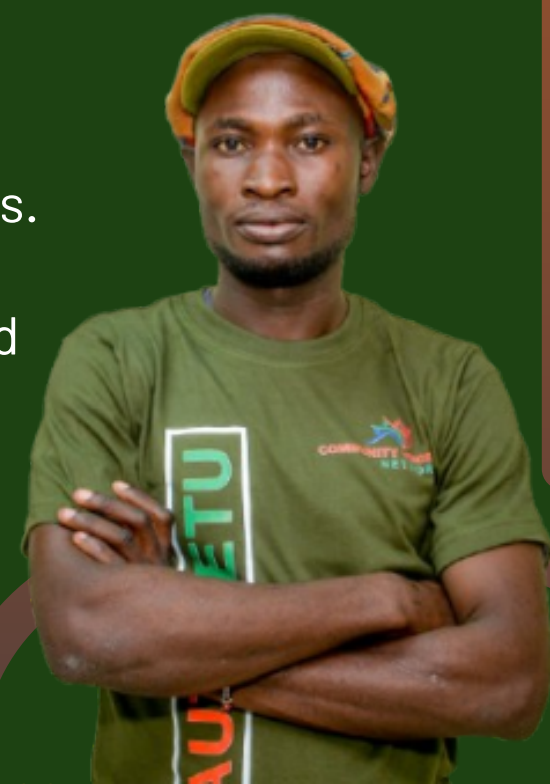
I got home to find that my house had been demolished with

*Samuel Wanga,*

my personal properties inside, nothing could be salvaged *Community Voices Network member*

I had no option than to move back to

my parent's house."



For me climate change isn't just the change of climate patterns: it's about rising struggles for a girl in an informal settlement. It threatens her access to clean water, food security, and safety, forcing her to battle against the very environment she calls home. For her, every flood and drought deepens the fight for survival and the dream of a brighter future.

*Mercy Mugecha,*  
*Community Voices Network*  
*Member*





# Get involved! Be inspired!

## City Shamba

City Shamba is a food security initiative aimed at combating hunger and malnutrition in urban areas by promoting urban agriculture. Founded to improve urban livelihoods, it provides education, training, and urban gardens, with a focus on low-income areas. The initiative uses sustainable, agroecological, regenerative, and climate-smart agricultural technologies to build localized urban food systems. City Shamba has established an urban agriculture resource hub at Mama Lucy Kibaki Hospital for hands-on training. It targets schools, community groups, and individuals, offering training, inputs, consultancy services, and innovative gardening solutions to spread urban farming across Nairobi.



**“Urban farming is possible, Space is not an excuse anymore”**





# Get involved! Be inspired

## Community Voices Network

Community Voices Network(CVN) is a youth-led women-led organization that was started in 2021 inspired by the lived experiences of young people born and raised in Korogocho and was registered in 2023. Community Voices Network aims to address community challenges through community action and youth leadership for sustainable development. CVN focuses on the intersections of health, education and livelihoods.

Community voices Network addresses the intersections of climate change, livelihoods and health for populations that are marginalized including those living in urban slums, children, youth and adolescents and young women. We support community adaptation and mitigation to climate change through capacity building programs where we train and build the capacities of young people to lead and advocate for climate change and health issues



## Power to Youth Voices





## GLOBAL LEGAL FRAMEWORKS

- [Sustainable Development Goals](#)
- [United Nations Framework Convention on Climate Change](#)
- Kyoto Protocol
- [The Paris Agreement](#)

# RESOURCES

## LOCAL LEGAL FRAMEWORKS

- [Vision 2030](#)
- [2010 Constitution](#)
- [The Climate Change Act](#)
- [The National Climate Change Policy Framework](#)
- [Kenya National Adaptation Plan 2015-2030](#)
- [National Climate Change Response Strategy](#)

## COMMUNITY RESOURCES

- Schools
- Churches
- Community radios
- Youth movements
- NGO's and CBO's

## Reflections

- 01 How did reading this make you feel?
- 02 What have I learnt?
- 03 What actions can I take in my community to address climate change and health
- 04 How can I share this resource to other people?



# The future of Handbook Update

The handbook update will be done annually.

This handbook will be translated in Kiswahili to ensure inclusion and adaptability by communities in Kenya.

“

*We cannot tire or give up. We owe it to the present and future generations of all species to rise up and walk!*

”

Wangari Maathai

